



Health  
and Welfare  
Canada

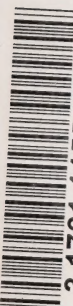
Santé et  
Bien-être social  
Canada

Government  
Publications

CAI

HW

- Z325



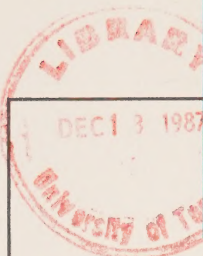
3 1761 11556145 8



# **FOR PARENTS**

Action On Drug Abuse

Canada



# INTRODUCTION TO THE PARENTS SECTION

I strongly recommend this booklet as a guide to help young people and their families take helpful steps to avoid drug problems.

There are three sections to the booklet. The first is a section for parents of pre-teens. The last is for young people approximately eleven to thirteen years of age. The middle section is for both groups. It contains basic information about drugs that can help guide the drug-related decisions of people at any age. If you are a parent, you will want to begin your reading on the following page. You may also wish to discuss the middle section with your children. You can help them understand the ideas about drugs that are presented there, and together consider their relevance to the whole family's actions and attitudes toward drugs.

I hope this booklet serves as a useful guide for your family. Should you require any additional information or assistance, please feel free to contact your provincial or territorial addictions agency.

The Honourable Jake Epp  
Minister  
National Health and Welfare

Aussi disponible en français sous le titre,  
"Les drogues, on s'en parle."  
©Minister of Supply and Services Canada 1987  
DSS Cat. No. H 39-112/1987E  
ISBN No. 0-662-15729-X  
Published by authority of the Minister of National  
Health and Welfare 1987

- NEWFOUNDLAND**  
Alcohol & Drug Dependency Commission  
of Newfoundland & Labrador  
P.O. Box 10072, Station B  
St. John's, Newfoundland A1A 4L5
- NOVA SCOTIA**  
Nova Scotia Commission on Drug Dependency  
P.O. Box 4000  
Halifax, Nova Scotia B3J 2R2
- NEW BRUNSWICK**  
Alcoholism & Drug Dependency Commission  
of New Brunswick  
65 Brunswick Street  
Box 6000  
Fredericton, New Brunswick E3B 5H1
- PRINCE EDWARD ISLAND**  
Addiction Services of P.E.I.  
Department of Health & Social Services  
P.O. Box 37  
Charlottetown, Prince Edward Island C1A 7K2  
(902) 892-4265
- QUÉBEC**  
Services de programmes aux personnes  
toxicomanes  
Ministère de la Santé et des Services sociaux  
Gouvernement du Québec  
1005, chemin Ste-Foy, 7<sup>e</sup> étage  
Québec (Québec) G1S 4N4
- ONTARIO**  
Addiction Research Foundation  
33 Russell Street  
Toronto, Ontario M5S 2S1  
Phone Toll Free  
(Ontario) 1-800-387-2916  
(Metro Toronto) 595-6111
- MANITOBA**  
Alcoholism Foundation of Manitoba  
124 Nassau Street North  
Winnipeg, Manitoba R3L 2H1
- SASKATCHEWAN**  
SADAC  
3475 Albert Street  
Regina, Saskatchewan S4S 6X6
- ALBERTA**  
AADAC  
Alberta Alcohol & Drug Abuse Commission  
Box 18000, Edmonton, Alberta T5J 2P4
- BRITISH COLUMBIA**  
Alcohol & Drug Programs  
P.O. Box 6666  
Vancouver, British Columbia V6B 5V5
- YUKON**  
Alcohol & Drug Services  
P.O. Box 2703  
Whitehorse, Yukon Y1A 2C6
- NORTHWEST TERRITORIES**  
Alcohol & Drug Services  
Department of Social Services  
Government of Northwest Territories  
Yellowknife, N.W.T. X1A 2L9











## DECISIONS AHEAD

As parents, we have a special role. Thinking like a parent. Doing the things parents must do. Doing the things parents love to do. Feeling the strong emotions that only parents can feel about their children.

At the same time, we are people. Sometimes we feel good about ourselves. Sometimes we have doubts. Sometimes we feel strong and in control. Sometimes we struggle. We wonder about how we are doing in this life. Are we achieving what we should? Are we good at what we do? Are we good parents? Will we be good parents when the future brings our kids real challenges like time away from home, cars, dating and sex, alcohol and other drugs?

The years just before our kids become teenagers can bring all of these thoughts to mind. Even before you left the hospital, there was someone there to say "She's so sweet...just wait until she's a teenager." Since then you can't count the number of times you've heard the same thing. And suddenly, your child is a teenager.

It is the person behind the label of parent who must handle the challenges of being a parent, and it is the person behind the label of teenager who, in time, must take on an adult role in an adult world. This is the scary part of watching your kids grow up. It's one thing to deal with your own blend of confidence and doubt, but to think about your kids taking on more and more, knowing their abilities and their weaknesses, leaves you wondering—Will they be OK? Will I be able to help them?

## OUR KIDS CHANGE AND SO DO WE

It seems like such a short time from early childhood to the pre-teen years. Sometimes it seems our kids have grown up too quickly and know too much for their ages. But they really are not any different than we were at that age, and still require a great deal of support.

Over the next few years the changes will be even greater.

- ▶ ***Kids between the ages of 12 and 15 will begin to develop strong relationships outside the home. That means less time with family and less dependence on parents for help in decision making. During this time there will also be a greater questioning of ideas and values as young people begin to test their ability to tackle life's more difficult questions. This is the testing stage.***
- ▶ ***From the age of 15 to 18, your teens gain more maturity and insight. They are better at thinking things through. Tastes and interests become more adult. This is a stage of self-examination.***
- ▶ ***And finally, during the late teens and early twenties, their views of who they are and their values in life will be clearer and will guide them into the future.***

As kids develop, so must parents. You may have felt this at every step along the way so far. If so, the future will be no different. Avoid mistaking their greater independence as a sign that you are no longer needed. This is a tough time of



important decisions about alcohol and other drugs, and they still need your understanding and support.

The key is to stay close enough to your kids to know how you can best support them as they progress from childhood to adulthood. Your overall relationship with your kids is very important. The decisions young people make about alcohol and other drugs reflect their feelings about themselves, and the people and situations they are dealing with day by day.

As they develop, your role will gradually change from the person who controls and protects them, to the person who acts as a guide or coach, a listener, and one who helps them think things through. Your goal must be to help them find the ability to run their own lives.

## **ALCOHOL AND OTHER DRUGS... AS SEEN BY A YOUNG PERSON**

By the time Canadian students get through high school, the majority will have done some drinking without the supervision of their parents. A relatively small percentage of student drinkers will drink quite heavily. Adolescents tend to drink in large groups together.

About one in five will try marijuana, hash or hash oil. There are smaller teen groups who will get into other illegal drugs such as cocaine, or LSD, the abuse of prescription or over the counter drugs or the sniffing of hazardous products referred to as inhalants.

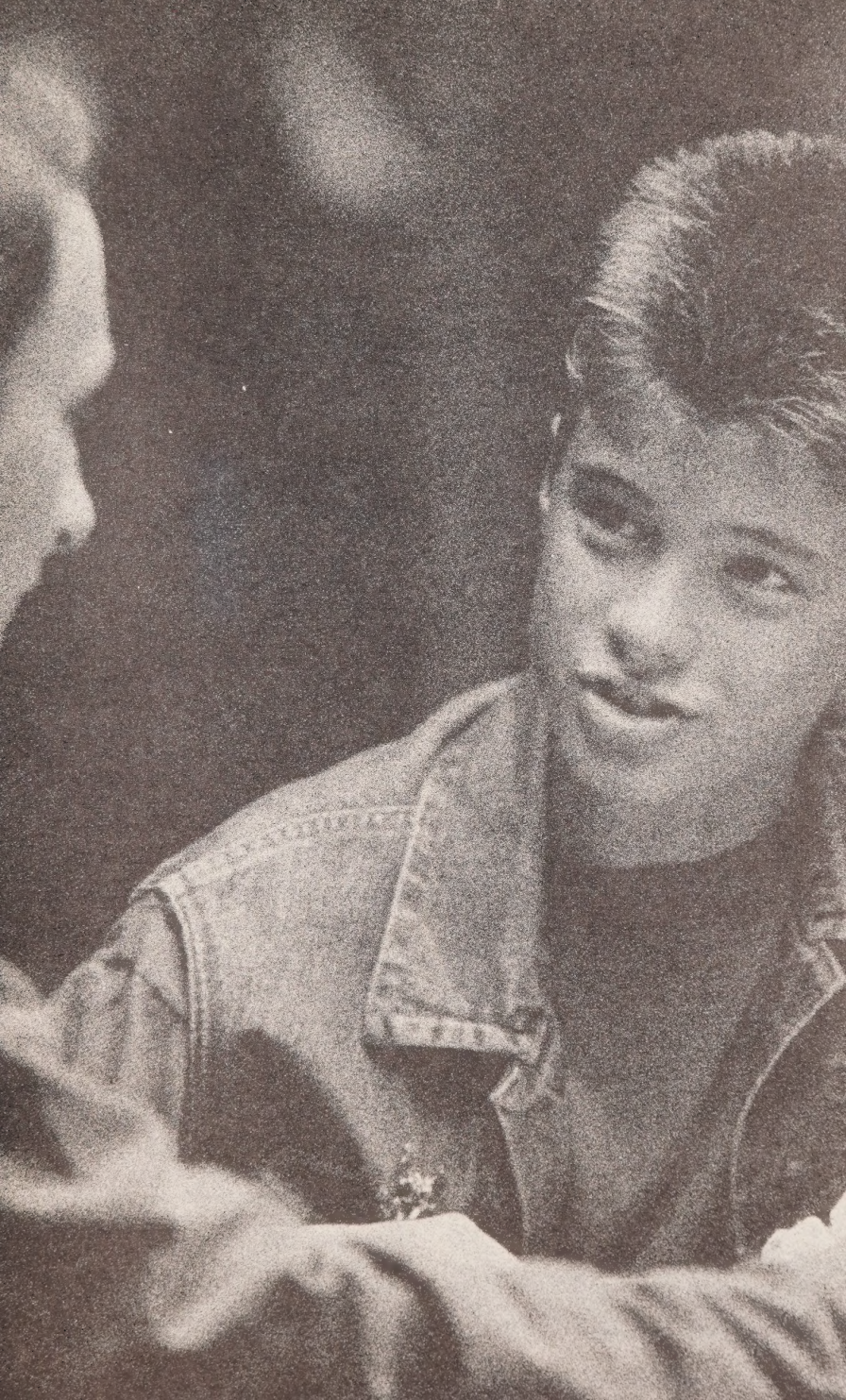
If you stop and think for a moment, it will become clear that this pattern of drug use among the young is very similar to what is seen among adults. The majority of adults drink alcohol. It is known that many adults abuse prescription and over the counter drugs, marijuana or other illegal substances.

Teenagers are learning to become adults. This means learning how to relate to people, have fun, and deal with problems and emotions as adults. When a young person sees adults using or abusing alcohol or other drugs to help them cope, it is a strong message that promotes drug use. Add youthful curiosity, the urge to experiment, social pressures and an interest in challenge and risk, and it is not hard to understand why young people are attracted to drugs.

As parents, our challenge is to help our kids benefit from the learning experiences that are part of growing up, while avoiding the pitfalls drug use can bring.









## WHAT CAN WE DO?

A good starting place is to ask yourself if you are being realistic in the way you think about your kids and drugs now. Here are some common reactions that may need reconsideration:

- ▶ *The schools look after it. They show them films and tell them what they need to know.*
- ▶ *Not my kid. She just isn't interested in that kind of thing.*
- ▶ *I tell my kid that drugs are for losers. He knows what I mean.*
- ▶ *My kids know a lot more about it than I do.*
- ▶ *I read about the signs and symptoms, and I keep my eyes open.*

For a variety of reasons these ways of thinking are not very helpful. Schools rarely have the time or well trained personnel to do a good job with an issue like drugs. Most students will have to make decisions about alcohol or other drug use sometime. They will make those decisions surrounded by other kids and parents who do use alcohol or other drugs, and who in their eyes are not necessarily losers. Unless they learn at least the basic facts about alcohol and other drugs, they will make those decisions with a lot of false information. And finally, waiting for visible signs of a drug problem is waiting far too long.

The realistic way to think about kids and drugs is to remember that it is something that will require tough decisions confused by emotion. "Should I get in the car? I think he's had too much to drink." "What am I going to do if they ask me to try it? "I know my parents don't want me to drink, but what's the big deal?"

## HERE ARE SOME OF THE THINGS THAT COULD HELP

▶ Always remember that you are important to your kids. They notice what you say and do, even though it may not seem like it at times.

▶ Help your kids develop the skills to separate the truth about drugs from the mistaken ideas and myths that they will hear. The centre section of this booklet is a good place to start. After that, look for other reliable sources of information on specific drugs. Be prepared to sit down with your kids, and help them understand the things they read.

▶ A primary source of alcohol and other drugs, and the motivation or encouragement to use them comes from older siblings. Parents need to take this role model, as well as their own, into account as they analyze the family as a source of strength or weakness in helping adolescents refrain from drug use.

▶ Work hard at developing the ability to listen to your kids and to talk *with* them, and not *at* them. Remember that being able to talk with your kids will be an important way of staying in touch with their lives as they become more independent.

▶ Open your house to your kids' friends. It shows your interest, and gives you another chance to stay in touch.

▶ Demonstrate responsible, health conscious decisions with your own use or non-use of alcohol and other drugs. Remember that any use of an illegal drug is irresponsible because it violates Canadian law. Talk about the values that guide your decisions, and encourage your kids to think and talk about their drug-related values.



► Talk with your kids about predictable situations they will face, and help them to work out what to do in advance of these situations arising. Talk about how to avoid rides with impaired drivers including friends, dates and people for whom they baby sit. You will want to assure them that you will come and drive them home if they are in a dangerous spot. Recognize that they may well be nervous about trying alcohol when they are still very young, and let them know that it's a good idea to *delay* having their first drink until they are in their late teens or early twenties and are better able to cope with the resulting feelings and behaviours. Help them *prevent* the use of other drugs of any type unless taken under the direction of a doctor or yourself. Assist them in accepting the discomfort they will often feel when they first refuse to use or abuse alcohol and other drugs. Try to understand the circumstances they will have to deal with.

► Help them make sense of the lifestyles which include widespread use of alcohol, they see in advertising and TV shows. Look for opportunities to talk about what is realistic, and what is appropriate and inappropriate behaviour.

► Remember that young people have a strong need to feel more skillful and confident as they mature. They want to feel good about themselves while they are doing the things that are important to young people. If they do, they are less likely to have anxious feelings and self-doubts that go beyond the normal doubts. It helps them understand that nervousness and discomfort are emotions we all feel, both kids and adults, as we make our way through the daily challenges of modern living. It is these kinds of anxieties and insecurities that can lead kids to look for easy ways to express their growing independence, get recognition or deal with their feelings. Just like many adults whose behaviour serves

as a poor example, kids too may turn to alcohol, marijuana, or other drugs in a search for the easy way out, rather than relying or talking out their problems with people they trust, respect, and who can give them guidance as *they shape their lives*. Help your kids find the feelings of confidence that come from knowing that they can be comfortable in talking to different people, doing different things, and being liked and respected. Do a variety of things with them. Encourage them to be independent and to choose challenges that are neither too difficult nor too easy.

► Let them learn that it is natural to have problems and to make mistakes. It is important to learn to work through tough times, and to understand and live with the consequences of their own actions.

► Remember that your respect means a lot. Help them feel good about themselves by recognizing their achievements. Don't put them down with casual negative comments, or your own need to show how capable you are. Take the time to let them know that you love them. A touch or a smile can mean a lot.

► Set guidelines for their behaviour, and be prepared to talk about your guidelines and to renegotiate them as maturity develops.

► If there is a problem don't withdraw your love and support. Try to determine if it is something that has happened once in a while or if there is a pattern of problems that may need professional help.

Parents would like to protect their children from problems like those involving alcohol and other drugs. Real protection, though, lies in the young person's sense of confidence and judgement, and in the ability to run his or her own life. As a parent, you can make a major contribution before and during the teen years.

# MAKING SENSE OF IT ALL ...at any age

the same deadly results as the abuse of other drugs. Medical use of legal drugs has been a benefit to the health of many people, but all drugs must be used with care and as directed. All around us we see both their good side, and the problems they can cause. When people think about drug problems, they usually think of all illegal drugs like heroin or cocaine. In fact, there are major problems with the abuse of drugs intended for medical use and that of alcohol, the most widely abused drug.

Almost everyone uses drugs from time to time. Most adults use alcohol wisely and safely. But some abuse it some of the time and a few abuse it frequently with

Young or old, or in between, there are skills people need. Today, it is important to be able to think about different kinds of drug use, ask the right questions, and know where there might be problems. This means thinking about

- ▶ the effects of each drug
- ▶ the way the drug will be used.

Going through the points below should help you begin to make sense of it all. From there, you may need more detailed information on specific drugs.

Before reading these points, remember that, as well as the effects of the drugs themselves, there are laws and rules concerning their use both at school and at work. Also, different families will have different feelings about what is OK and what is not OK. These laws, rules and family standards have consequences that must also be talked about and considered carefully.

**5** *Mood-changing drugs are those upon which people can become dependent or addicted.* This is partly explained by the fact these drugs can be used over and over to change how a person feels, and his or her life is increasingly controlled by them.

**6** *Being under the influence of drugs that affect your mind can be dangerous or self-defeating in situations where you need your wits about you.* Drugs like alcohol, marijuana, tranquilizers, antihistamines and many others can make it dangerous for you to drive a car or difficult to do other things such as run a machine, play sports, or write an exam.

**7** *The greater the amount used, the greater the risk of having a problem.* Medicine taken in the amount directed by a doctor may be helpful. Too much of the same drug may be harmful or even cause death. Likewise, as the amount of any of the illegal drugs taken increases, so does the chance of harm.

## GUIDELINES FOR DRUG DECISIONS

- ▶ Remember that all drugs have a possible risk — even the ones we take for granted. Aim to avoid drug risks.
- ▶ Get good information about drugs before you consider using them. Consult pharmacists, doctors and unbiased written information.
- ▶ When you need to be alert and sharp, avoid the use of alcohol or other drugs.
- ▶ Avoid taking more than one drug at a time without checking out the possible results with a pharmacist or doctor.
- ▶ Avoid drug use that is too much, too often or too long. When in doubt, ask the advice of a doctor or pharmacist.
- ▶ Don't avoid drugs to solve problems.



**2** *The way we think, feel or behave.* This includes the alcohol in beer, wine and liquor, the caffeine in coffee, drugs bought off the shelf or with a prescription, various consumer products that can be sniffed, and street drugs like marijuana and LSD.

**2** *All drugs have risks.* To simplify things, people often talk about safe drugs and dangerous drugs, or soft drugs and hard drugs. However, the truth is that even the drugs we tend to think of as safe can have serious risks. For some drugs the risk is high from the time a person starts to use them. For other drugs, problems occur when a large amount is used or if used for a long time.

Experience shows that people do, in fact, suffer harm from all of the drug types listed in point #1 when they use them in ways which are a threat to their health and social well-being, or the well-being of others.

**3** *You have to be specific.* When people talk about medicines they know that something taken once or twice for a headache is very different from using tranquilizers and sleeping pills every day for months. However, we often hear comments about illegal drugs like: "that kid does drugs." A statement like this tells you almost nothing until you know what drugs are involved, and how they are being used.

**4** *The drugs most commonly abused are drugs that change or affect how a person thinks, feels or acts.* They can be called mood-changing drugs or psychoactive drugs. They include alcohol, all common street drugs, and medications used to relieve pain, calm nervousness and aid sleep.

**5** *The more often a drug is used, the greater the risk of having a problem.* For instance, getting drunk can stand in the way of success and threaten life itself. Sometimes people think that if taking the prescribed amount of a medicine makes them feel better, taking more will make them feel better yet, but we know this can cause serious illness.

**9** *Risk increases with the length of time a drug is used.* Medicines used longer than needed can cause harm. The abuse of alcohol, and a variety of other drugs can lead to serious health and social consequences and addiction. The users' problems will likely get worse as the period of use gets longer.

**10** *There are risks involved with using more than one drug at a time.* For example, taking more than one medicine at a time, or drinking alcohol while using a legal or illegal drug may produce dangerous effects. This is because the combined effects of such drugs may be greater than expected.

**11** *The person using the drug makes a big difference.* People using drugs can be happy or depressed, cautious or careless, healthy or mentally or physically ill. They may react to a drug in the way that most other users of that drug react, or they may have an unusual reaction. Some may be more likely to become dependent on alcohol or other drugs. All of these things will affect what happens when someone uses a drug and it is often impossible to know what effect a drug will have on a person before he or she begins to use it. A person's physical or mental health and his or her reasons for using the drug must be considered.

# THINGS TO TALK ABOUT

One of the best ways to sort out your feelings about something is to talk about it. Here are some questions you may want to discuss with your family or friends.

1. In what cases is the use of these types of drugs OK or NOT OK? Medications. Alcohol. Marijuana.
2. What is the difference between drug use which is not dangerous to your health and that which is unwise or unhealthy?
3. Why do adults use and abuse alcohol?
4. Why might a teenager try alcohol or marijuana? Why might a teenager continue to use one of these drugs? Why might a teenager decide not to start using a particular drug? Why might a teenager decide to stop using a particular drug?
5. What are some good ways to avoid riding with a driver who has been drinking or taking other drugs?
6. How can a young person gracefully get out of accepting alcohol or other drugs?

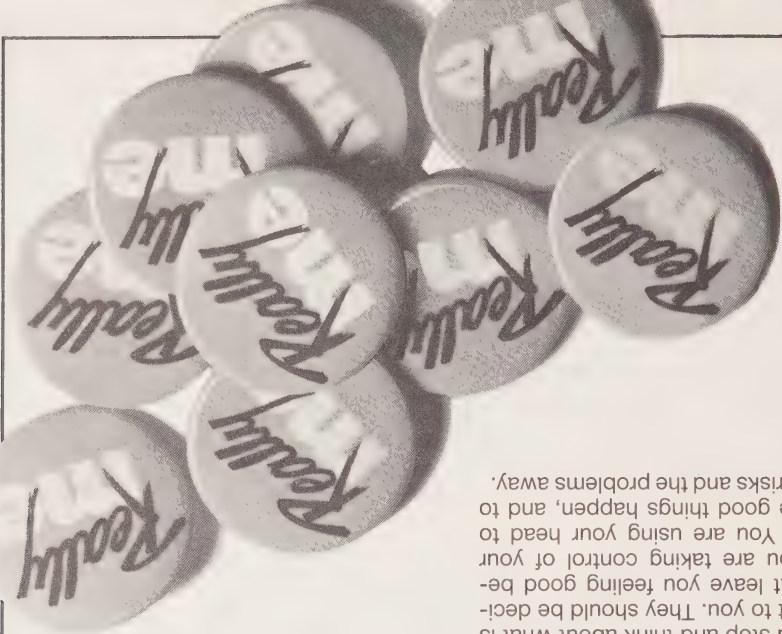


under your arm. That's the easy part, but it doesn't make you any good on the board. In the same way, people try to look cool by using alcohol and other drugs. But most times it's just a way of hiding that they feel insecure and uneasy with themselves.

Secondly, by not thinking, you can get off track and allow yourself to go in a direction which leads to drug problems. It is hard to feel good about how your life is going the day after you get into big trouble at school because of drinking or other drug use.

The decisions you make about drugs should be decisions that make sense when you stop and think about what is important to you. They should be decisions that leave you feeling good because you are taking control of your own life. You are using your head to keep the good things happen, and to keep the risks and the problems away.

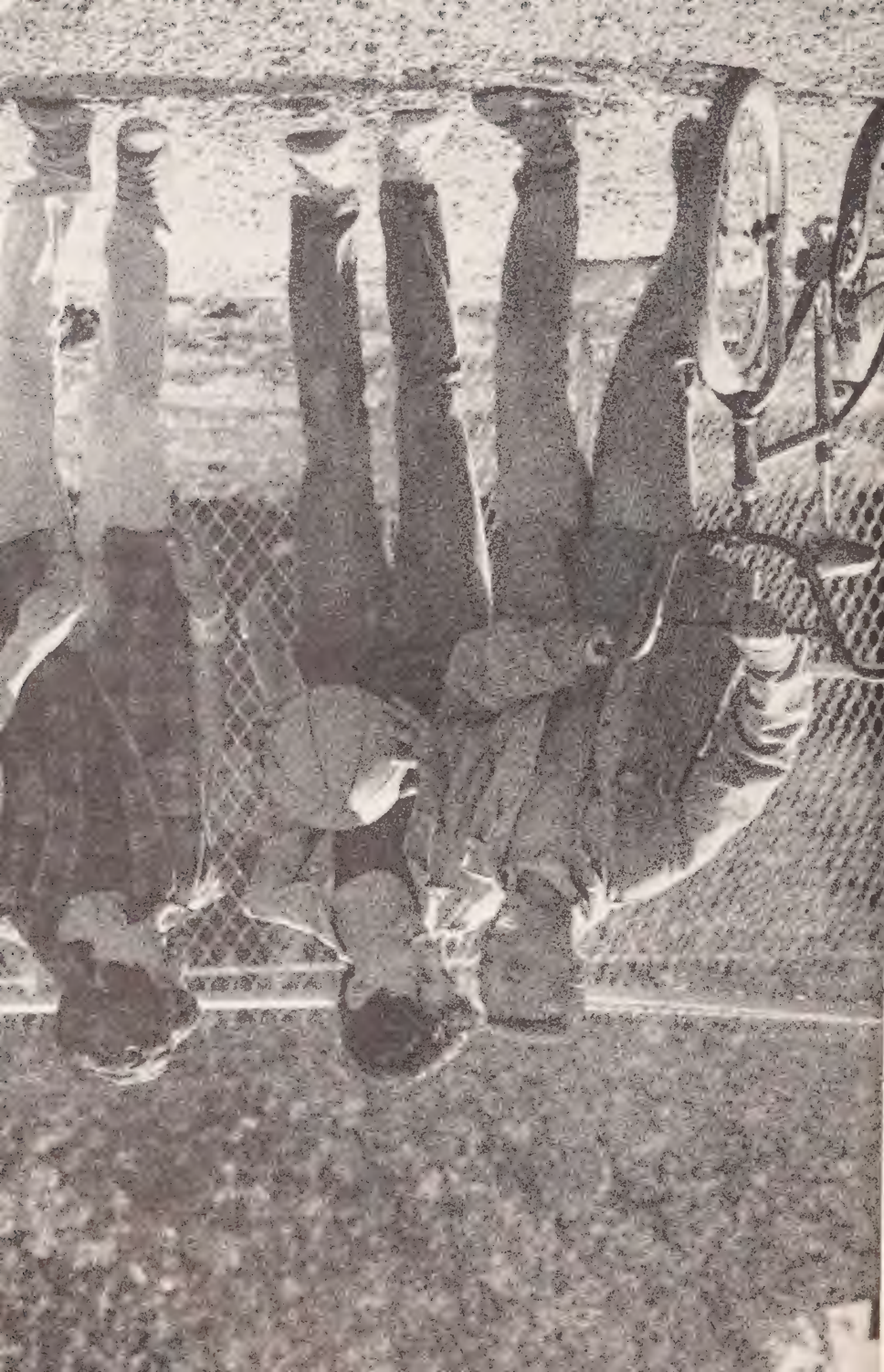
The tricky thing about many drug decisions is that you never know exactly when you will have to make them. They are kind of jump up at you. One day you are out somewhere and someone offers you a joint or a drink. Or maybe you need to get home from babysitting or a party, and the person who is supposed to drive you has been drinking. Right when it's happening it can be tough to know what to do. Knowing what's important to you, and having thought about that kind of situation ahead of time makes all the difference. With a minute to think about it, you are back in control, and doing what's right for you.











## Big QUESTIONS

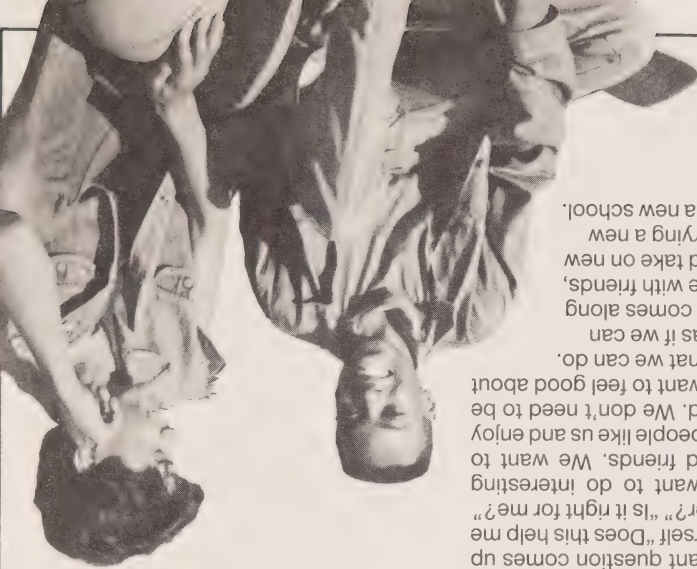
When you do take time to think about drugs there are three things worth thinking about —

- ▶ **How do I want my life to be as I start to feel less like a child and more like someone older?**
- ▶ **How am I going to become that kind of person?**
- ▶ **How do alcohol and other drugs fit into the picture?**

Often we don't think much about the kind of people we are, or the kind of people we would like to be. What makes us feel good? Why do we sometimes wish things could be different? In all of the things that happen to us, what really seems to matter?

If we do take the time to get a picture in our minds of what we really want for ourselves it helps us to make choices. When an important question comes up you can ask yourself "Does this help me get what I'm after?" "Is it right for me?" Most of us want to do interesting things with good friends. We want to know that other people like us and enjoy having us around. We don't need to be perfect, but we want to feel good about ourselves and what we can do.

We want to feel as if we can handle whatever comes along as we spend time with friends, meet people, and take on new things, such as trying a new sport or going to a new school.



So how do you get to be this way? Being liked, feeling OK when you are with people, being good at things and feeling more sure of yourself are all things you pick up as you spend more time taking what you learn today and add it to everything else you have already learned in life. Some things you do help you get better at talking to people, or let you find a new way to have fun. Another day you feel a little more confident when you discover that you can do something that you have never tried before. Step by step you get to be a person who will do just fine as you move through your teens. Alcohol and other drugs can put you off track in two ways. First, by using these drugs you may think you can take a shortcut to the kind of person you want to be. It's like wanting to be good on a skate board. You can go out and buy the hottest board and walk around with it



## DECISIONS AHEAD

By the time you get to be 12 or 13 years old, all of the talk you have heard about alcohol and other drugs can be really confusing. Adults may say drinking is bad, and then do it themselves. Someone says a certain drug is dangerous, and someone else says it's OK. You hear some older kids, including your older brothers and sisters, who seem pretty neat talking about a weekend of drinking, and then see a TV ad that says that drinking causes big problems for people.

Everyday you see and hear a lot of different things about drugs and the people who use them. There are TV and radio ads for beer and many things that are supposed to make a cold or headache feel better. Magazines have stories about athletes and rock stars who have messed up their lives with drugs. A friend's parent says drinking is terrible. Another friend says it's great fun, and may offer you a beer.

It is hard to understand why alcohol and other drugs suddenly become such a big deal when you become a teenager. While you are a child you are cared for by your parents, and the whole world treats you as a child. When you get to be a teenager you want to do more for yourself and you think of yourself in new ways. At some point, you will see yourself as a young adult.

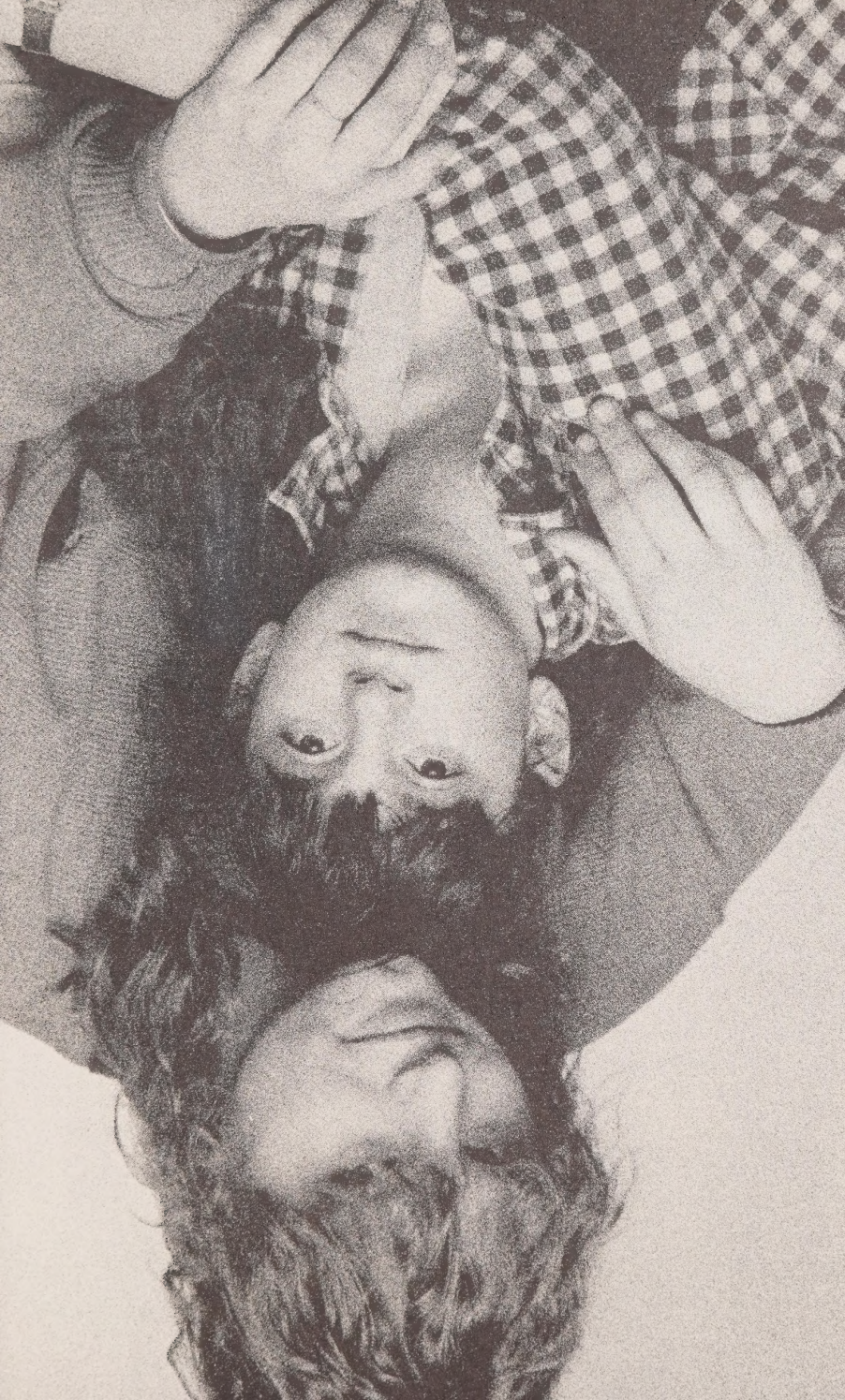
## WHAT IS THE ATTRACTION?

Sometimes you act on your feelings rather than sitting down and thinking about the right way to deal with a situation. You may forget to listen to the voice in your head that says: "Stop; think; is this what I really want?" In the same way, you may get the urge to try alcohol or another drug—maybe out of curiosity—maybe because your friends say "Try it." Don't forget to listen to the voice in your head that asks: "Where will this lead me?" Your thoughts help you to work out problems. Your feelings help you have fun, get excited, and enjoy life. You need them both.

## THOUGHTS AND FEELINGS WORKING TOGETHER

As you start to feel older and more adult, you get interested in the things that older teens and adults do...especially the things that have been off-limits to you as a child. Alcohol and other drugs may come into the picture along with ways of dressing and talking and having fun. Changes in your life and the way you feel may get you interested in these things.

It is a good idea to plan in advance. This will help you know what to say when someone offers you alcohol or other drugs. And even if it happens today—before you've had a chance to give it much thought—you can always take a moment to listen to the voice in your head. Trust yourself and your ability to think things through. Do what is best for you, not only for right now, but for tomorrow and next week and so on.









# INTRODUCTION TO THE PRE-TEEN SECTION

I strongly recommend this booklet as a guide to help young people and their families take helpful steps to avoid drug problems.

There are three sections to the

booklet. The first is a section for parents of pre-teens. The last is for young people

approximately eleven to thirteen years of age. The middle section is for both

groups. It contains basic information about drugs that can help guide the drug-

related decisions of people at any age. If you are a young person, you will want to

begin your reading on the following page. For more information or assistance,

remember that you can contact your provincial or territorial additions agency.

The Honourable Jake Epp  
Minister  
National Health and Welfare

*Handwritten signature: J. Epp*

Aussi disponible en français sous le titre,  
"Les drogues, on s'en parle."

© Minister of Supply and Services Canada 1987  
DSS Cat. No. H 39-112/1987E

Published by authority of the Minister of National  
Health and Welfare 1987  
ISBN No. 0-662-15729-X

Government of Northwest Territories  
Yellowknife, N.W.T. X1A 2L9  
Alcohol & Drug Services  
Department of Social Services

## NORTHWEST TERRITORIES

Whitehorse, Yukon Y1A 2C6  
P.O. Box 2703

Alcohol & Drug Services

## YUKON

Vancouver, British Columbia V6B 5V5  
P.O. Box 6666

Alcohol & Drug Programs

## BRITISH COLUMBIA

Box 18000, Edmonton, Alberta T5J 2P4  
Alberta Alcohol & Drug Abuse Commission

AADAC

## ALBERTA

Regina, Saskatchewan S4S 6X6  
3475 Albert Street

SADAC

## SASKATCHEWAN

Winnipeg, Manitoba R3L 2H1  
124 Nassau Street North

Alcoholism Foundation of Manitoba

## MANITOBA

(Metro Toronto) 595-6111  
(Ontario) 1-800-387-2916

Phone Toll Free

Toronto, Ontario M5S 2S1  
33 Russell Street

Addiction Research Foundation

## ONTARIO

Quebec (Québec) G1S 4N4  
1005, chemin Ste-Foy, 7<sup>e</sup> étage

Gouvernement du Québec

Ministère de la Santé et des Services sociaux  
toxicomanes

Services de programmes aux personnes

## QUÉBEC

(902) 892-4265  
Charlottetown, Prince Edward Island C1A 7K2

P.O. Box 37  
Department of Health & Social Services

Addiction Services of P.E.I.

## PRINCE EDWARD ISLAND

Fredericton, New Brunswick E3B 5H1  
Box 6000

65 Brunswick Street  
of New Brunswick

Alcoholism & Drug Dependency Commission

## NEW BRUNSWICK

Halifax, Nova Scotia B3J 2R2  
P.O. Box 4000

Nova Scotia Commission on Drug Dependency

## NOVA SCOTIA

St. John's, Newfoundland A1A 4L5  
P.O. Box 10072, Station B

of Newfoundland & Labrador

Alcohol & Drug Dependency Commission

## NEWFOUNDLAND



# FOR YOUTH

## Action On Drug Abuse

